

*Recipe from NCI-Frederick Scientific Library*

Apple Pie



*Makes 8 servings*

6 cups thinly sliced peeled apples	1/4 tsp. ground nutmeg
3/4 cup sugar	1 pkg. (15 oz.) refrigerated pie crusts (2 crusts)
2 Tbsp. MINUTE Tapioca	
1 Tbsp. butter or margarine, cut up	
1/2 tsp. ground cinnamon	

**Directions**

**PREHEAT** oven to 400°F. Toss apples with sugar, tapioca, cinnamon and nutmeg in large bowl. Let stand 15 minutes.

**PREPARE** pie crust as directed on package for 2-crust pie, using 9-inch pie plate. Fill with fruit mixture. Dot with butter. Cover with second pie crust; seal and flute edge. Cut several slits in top crust to allow steam to escape.

**BAKE** 45 to 50 minutes or until juices form bubbles that burst slowly. Cool.

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Blue Cheese Pear Salad



*Makes 6 servings*

5 cups baby spinach or spring mix,	1/3 cup olive oil
5 oz. Roquefort or other blue cheese, crumbled	3 Tbs. Red wine vinegar
1/2 cup thinly sliced red onion	1 1/2 tsp. White sugar
1/2 cup pecans	1/4 cup sugar
3 pears- peeled, cored, and chopped	1 1/2 tsp. Prepared mustard
1 clove garlic, chopped	Pepper to taste
1/2 tsp. Salt	

**Directions**

1. In a skillet over medium heat, stir 1/2 cup of sugar together with pecans. Continue stirring gently until sugar has melted and caramelized the pecans. Carefully transfer nuts onto waxed paper. Allow to cool, and break into small pieces.
2. For the dressing, whisk oil, vinegar, 1 1/2 tsp sugar, mustard, chopped garlic, salt, and pepper.
3. In a large serving bowl, combine spinach, red onion, chopped pears and blue cheese with 1/2 dressing and mix very gently until coated. Divide into 6 bowls and add pecans to each bowl. Top with remaining dressing and pepper if desired.

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Cranberry Chutney



*Makes 2 1/2 cups*

1 cup water	1/2 cup raisins
3/4 cups sugar	1/2 tsp ground cinnamon
1-12 oz package fresh cranberries	1/4 tsp ground ginger
1 cup apples - peeled, cored, and diced	1/4 tsp ground allspice
1/2 cup cider vinegar	1/4 tsp ground cloves

**Directions**

1. In a medium saucepan, combine water and sugar. Bring mixture to a boil over medium heat. Add the cranberries, apples, cider vinegar, raisins, and spices. Bring to a boil, then simmer gently for 10 minutes, stirring frequently.
2. Pour mixture into bowl and cover with plastic wrap, pressing wrap down directly on surface of chutney. Cool to room temperature and serve or cover and refrigerate. Bring chutney to room temperature before serving.



*Recipe from NCJ-Frederick Scientific Library*  
Fall Salad with Cranberry Vinaigrette



*Makes 8 servings*

1/2 cup cider vinegar  
1/4 cup cranberries  
2 tsp. white sugar  
1/8 tsp. Kosher salt  
Pinch black pepper

2 heads romaine lettuce-torn into bite-sized pieces  
2 medium heads Belgian endive-washed, dried, chopped  
2 red Anjou pears  
1/2 cup toasted walnuts  
1/2 cup crumbled Gorgonzola cheese

**Directions**

1. In a saucepan, combine vinegar and cranberries. Cook over medium heat until cranberries soften. Remove from heat; add olive oil, sugar, salt and pepper. Place in blender and mix until smooth. Set aside.
2. Core and julienne one pear; core and dice the other.
3. In small non-stick pan, lightly toast walnuts over medium-high heat, taking care not to burn the nuts.
4. In a large bowl, combine the lettuce and endive, diced pear, walnuts and Gorgonzola. Toss and drizzle with enough dressing to coat.
5. Divide among salad plates and garnish with julienned pear. Top with any additional walnuts as well.

*Recipe from NCJ-Frederick Scientific Library*  
Spinach Apple Salad



1 bag (8-10 oz) fresh baby spinach  
1 unpeeled tart apple, sliced  
1/4 cup bacon bits  
1/2 cup mayonnaise or salad dressing  
1/4 cup frozen (thawed) orange juice concentrate

**Directions**

1. Toss spinach, apple slices, and bacon bits in large salad bowl.
2. Mix mayonnaise and orange juice concentrate; serve with salad.